

GENERALIZED ANXIETY DISORDER SELF-TEST

Disclaimer:

This is a preliminary screening test for anxiety symptoms that does not replace in any way a formal psychiatric evaluation. It is designed to give a preliminary idea about the presence of mild to moderate anxiety symptoms that indicate the need for an evaluation by a psychiatrist.

How much anxiety is too much? If you suspect that you might suffer from generalized anxiety disorder, complete the following self-test by clicking the "yes" or "no" boxes next to each question, print out the test and show the results to your health care professional.

HOW CAN I TELL IF IT'S GAD?

Yes or No? Are you troubled by:

- Yes No Excessive worry, occurring more days than not, for a least six months?
- Yes No Unreasonable worry about a number of events or activities, such as work or school and/or health?
- Yes No The inability to control the worry?

Are you bothered by a least three of the following?

- Yes No Restlessness, feeling keyed-up or on edge?
- Yes No Being easily tired?
- Yes No Problems concentrating?
- Yes No Irritability?
- Yes No Muscle tension?
- Yes No Trouble falling asleep or staying asleep, or restless and unsatisfying sleep?
- Yes No Does your anxiety interfere with your daily life?
- Yes No Have you experienced changes in sleeping or eating habits?

More days than not, do you feel:

- Yes No Sad or depressed?
- Yes No Disinterested in life?
- Yes No Worthless or guilty?

During the last year, has the use of alcohol or drugs:

- Yes No Resulted in your failure to fulfill responsibilities with work, school, or family?
- Yes No Placed you in a dangerous situation, such as driving a car under the influence?
- Yes No Gotten you arrested?
- Yes No Continued despite causing problems for you and/or your loved ones

Having more than one illness at the same time can make it difficult to diagnose and treat the different conditions. Illnesses that sometimes complicate anxiety disorders include depression and substance abuse. With this in mind, please take a minute to answer the following questions

If you have answer YES more than 2 times for each section. Your answers reflect the presence of anxiety symptoms. It is advised to seek a psychiatric consultation.